



NEW YEAR BEST YOU CHALLENGE

- JAN 1ST - JAN 31ST
- TAKE 6 CARDIO CLASSES (DANCE CLUB CARDIO, STEP, REVOLUTION CYCLE, CARDIO COMBAT)
- TAKE 6 STRENGTH CLASSES (BODY SCULPT, CORE TOWER, FULL BODY CIRCUIT BURN, GRIT-LATES, GRIT LIT, I AM LIFTED, KO BOXING, POWERBELLE, POWER TOWER, PURE STRENGTH)
- PLUS 3 RESTORATIVE CLASSES (FLOW, SLOW STRETCH)
- PLUS POST 1 PERSONAL GOAL ON THE "GRITFAM GOALS" BOARD

CHALLENGE TRACKER:

CARDIO CLASS 1



CARDIO CLASS 2



CARDIO CLASS 3



CARDIO CLASS 4



CARDIO CLASS 5



CARDIO CLASS 6



STRENGTH CLASS 1



STRENGTH CLASS 2



STRENGTH CLASS 3



STRENGTH CLASS 4



STRENGTH CLASS 5



STRENGTH CLASS 6



RESTORATIVE CLASS 1



RESTORATIVE CLASS 2



RESTORATIVE CLASS 3



POST ONE PERSONAL GOAL

